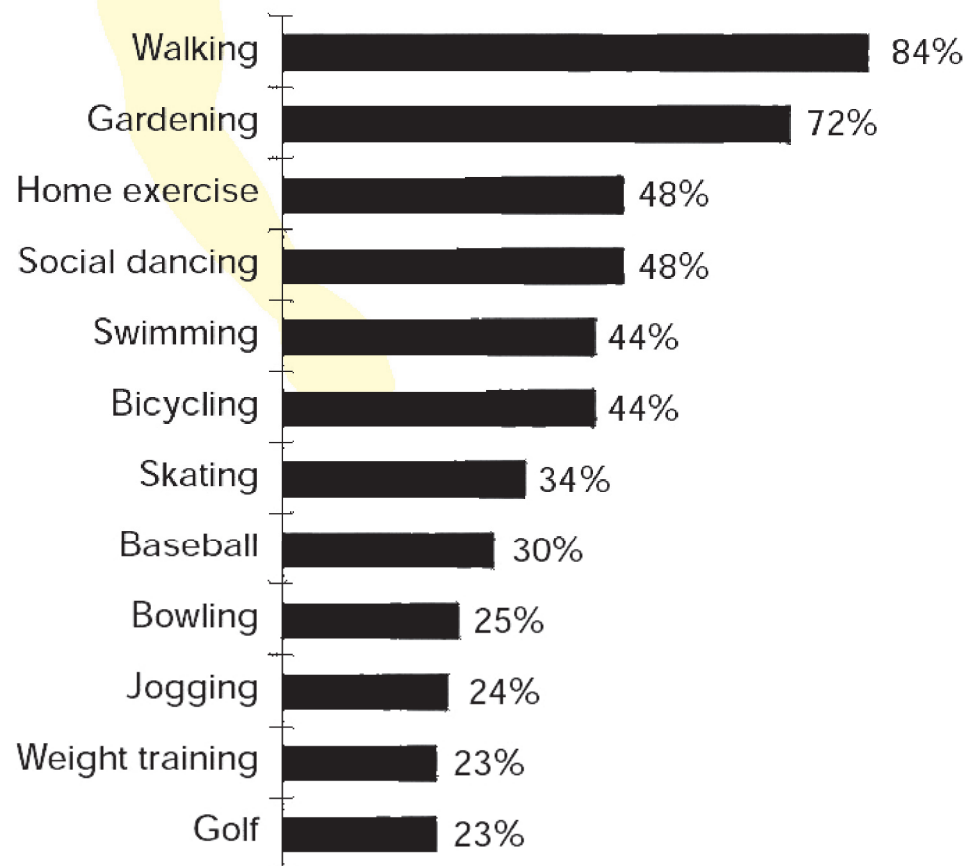


all, Winter fun ness movement

to officials who suggest that weight-bearing activity of about 30 minutes or more every other day can decrease bone loss. Older women also face an increased risk of cardiovascular disease and osteoporosis after menopause. Older women, especially those who no longer have a partner or children at home, are at a high risk of inactivity and face diseases associated with an inactive lifestyle.

Top 12 Activities Among Canadians



Leisure time fun

Adult Canadians report they have an average of four hours of leisure time on weekdays and seven hours on weekends.

Watching television is the most time-consuming activity for both adults and children. Both spend approximately 11 hours a week watching television. On average, adults spend 9.6 hours reading, playing music or doing hobbies while children spend 9.1 hours on those same activities.

Adults spend 5.4 hours visiting friends and family while children spend 7.6 hours a week. Adults spend 2.4 hours in restaurants, cafes or pubs and children spend

2.2 hours playing video and computer games.

The next popular leisure activity for adults is the 1.8 hours a week they spend with social or community groups, and for

children it is social and play groups.

Adults spend 1.5 hours a week at sports events and movies and children spend 1.9 hours on those same activities.



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Jennifer @ 519-853-5897



or email: jculpeper@cogeco.ca



Acton High School

**PRE-REGISTRATION FOR SEPT. 2010
will be held on TUESDAY, AUGUST 31, 2010**

**IN ORDER TO START THE PRE-REGISTRATION PROCESS,
YOU MUST BRING WITH YOU:**

- **SIGNED** STUDENT INFORMATION VERIFICATION FORMS
- **SIGNED** AUTHORIZATION FOR PROMOTIONAL USE OF STUDENT PHOTOS/WORK/ACTIVITIES

(Both must be signed by parents if you are under 18 years of age)

Pre-Registration

Students are asked to pre-register on Tuesday, August 31st during one of the designated times:

Grade 9: A – L – 9:00 – 9:45 a.m.
M – Z – 9:45 – 10:30 a.m.

Grade 10: 10:30 a.m. – 12:00 noon

Grades 11 & 12 A – L – 12:30 – 2:00 p.m.
M – Z – 2:00 – 3:30 p.m.

If you are unable to pre-register during those times, you may pre-register on the same day between 4:00 p.m. and 6:00 p.m.

Pre-registration includes:

1. Distribution of timetables
2. Assignment of lockers
3. Taking of photos for the Student Card and Yearbook
4. The collection of signed Student Verification Forms and signed Authorization For Promotional Use of Student Photos/Work/Activities
5. Payment of Student Engagement Fee and purchase of Yearbook



FALL CLASSES STARTING SOON!

REGISTRATION DATES

Thursday, August 265:30 - 7:30 pm
Wednesday, September 15:30 - 7:30 pm
Wednesday, September 85:30 - 7:30 pm

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Musical Theatre, and *Much More*

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